

LISTED MEDICINE - AUST L 449596

# your PAIN RELIEF

30 Capsules

Boosted with Limonene, a powerhouse plant-sourced terpene, **your PAIN RELIEF** assists to reduce and relieve life's aches and pains in a streamlined capsule dose.



Designed to soothe aches and pains and reduce inflammation holistically, **your PAIN RELIEF** blends the terpene power of Limonene with the proven efficacy of Magnesium Glycinate to target pain from a new angle, utilising the power of your body's own endocannabinoid system.

- Maintain general health and wellbeing
- Anodyne pain in active individuals
- Relieve muscle pain and soreness
- Reduce mild joint aches and pains
- Relieve mild joint inflammation/swelling
- Decrease abdominal pain and discomfort
- Reduce bruise pain

## Ingredients

### Active Ingredients

Magnesium Glycinate 600mg

### Other Ingredients (Excipients)

Limonene

Colloidal anhydrous silica

Hypromellose

Purified water

## Terpene Profile



### Limonene

Limonene has a lemony aroma and a sweet, citrus taste and is recognizable for its zesty citrus fragrance. As a terpene, limonene is notable for its potential anti-inflammatory, antioxidant, and mood-enhancing properties.

It's your JOURNEY

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## Frequently Asked Questions

### What are terpenes?

Terpenes are natural compounds found in many plants that give them their unique scents. They help plants attract pollinators and fend off pests. For us, they offer various health benefits, such as reducing inflammation and pain.

### What is Limonene and how does it assist in reducing pain and inflammation?

Limonene is a terpene commonly found in citrus fruits like oranges and lemons. It's known for its anti-inflammatory and pain-relieving properties. Limonene works by interacting with your body's endocannabinoid system and can help reduce pain and inflammation.

### Where is Limonene found in the plant world?

Limonene is abundant in the rinds of citrus fruits such as oranges, lemons, and limes. You can also find it in some other plants and herbs, contributing to their distinct smells and potential health benefits.

### Are cannabis and terpenes the same thing?

Nope, they're not the same. Cannabis is a plant that contains various compounds, including cannabinoids (like THC and CBD) and terpenes. Terpenes are found in many plants, not just cannabis, and they're responsible for the plant's aroma and some of its health benefits.

### What is Magnesium Glycinate and how does it work to reduce pain?

Magnesium Glycinate is a form of magnesium that your body can easily absorb. It helps reduce muscle pain and soreness by blocking pain signals in the brain, reducing inflammation, and relaxing muscles. It's a great way to relieve various types of pain.

### Why is capsule dosing helpful for these ingredients?

Capsules ensure you get a consistent and precise dose of the active ingredients each time. They protect the ingredients from air and light, keeping them potent. Plus, they're easy to swallow and convenient to take, making it simple to stick to your supplement routine.

### Will I feel any psychoactive effects from terpenes?

No, terpenes won't make you feel high. They don't have psychoactive effects like THC, which is found in cannabis. Terpenes can enhance the therapeutic effects of cannabinoids but won't alter your state of mind on their own.